

Michele S.



Master Trainer
Group X Instructor
Team Member Since: 2007

Education & Certifications

- BA in Illustration from the University of Westminster - Harrow, London, England
- Certified Turbo Kick Boxing Instructor
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Chelsea Football Club (English Premiere League)
- Teaching group Aqua Logix and Turbo Kick Boxing classes



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24hourfitness.com/personaltraining